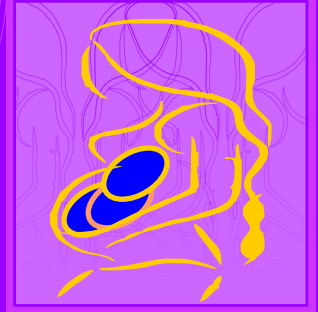


आरोग्यमंदिर

पत्रिका
April 2010

AROGYAMANDIR PATRIKA



Garbhini Visheshank

Editorial

Each human being – be it a female or a male – passes through different stages during one's lifetime.

Balyavastha – Tarunyavastha and Vardhakyavastha are common for all the humans.

But there is an Avastha that is unique only for the females and that is 'Garbhini Avastha'. It is now a days a common thing to believe that

Garbhini Avastha is just another stage in the life of a female and that it need not be given a lot of importance. But this is absolutely untrue. Garbhini Avastha is not just another Avastha but a special Avastha after which an individual comes into existence from within the body of another one. Therefore 'Garbhini' needs to be understood and handled as a special Avastha wherein special care & appropriate arrangements for the same are essential, taking into consideration not only the physical condition but also the psychological, social, spiritual as well as the family background being taken into account. At the same time, care also needs to be taken, to see that the pregnant lady is cheerful and is in perfect health so that the growth of the foetus in the womb is unhindered. It's therefore natural that during Garbhini Avastha, the pregnant woman has to take ample care of herself and that special attention is given to her health. This issue is dedicated to this special Avastha in the life of women, in which we have tried to discuss as many aspects of this special Avastha that could be done we hope.

Please do suggest, as you have been doing, the topics that you will like us to cover in the forthcoming issues of Arogyamandir Patrika. We want to continue over the topics suggested by you to the best of our ability as done in the past.

You have liked & blessed our 'Arogyamandir Patrika' published so far. We are sure that in the times to come, our bonding will grow stronger.

Thanking all once again.

Vd. Shailesh Nadkarni

Vishaya Pravesh

Reproduction is the natural tendency of any living organism. Nature has given the capacity to reproduce similar progeny, to the women. Women carries, maintains and nourishes the foetus in her womb for 9 months. Motherhood is the dream of every women and to fulfill this responsibility satisfactorily is the main aim of Garbhini Avastha i.e. Pregnancy. As per age and functions there are 3 main stages in woman's life, such as Kumari, Garbhini and Sootika.

Garbhini Avastha starts from Garbhadhan i.e. fertilization which lasts up to more than 9 months and more days.

The main aim of Garbhini Avastha is to maintain & nourish the foetus for proper growth and development. Also it is necessary to have normal delivery. Hence Ayurved has given specific importance for Garbhini Paricharya.

Nowadays when there is control in the quantity of progeny as one or two, it is necessary that Garbhini and Garbha i.e. pregnant women and her foetus are properly taken care of before pregnancy as well as during pregnancy for Suprajanan.

'वरम् एको गुणीपुत्रो' means giving birth to a single but qualitative progeny is the meaning of suprajanan in today's scenario.

Charkacharya in Sharirsthana 8th verse had mentioned

स्त्रीपुरुषयोः अव्यापन्नशुक्रशोणित गर्भाशयोः श्रेयसीं प्रजामिच्छतोः ।

He has given guidance to the male & female having Avikrut Shonit, Garbhashaya and Shukra and who are desirous to have the best progeny.

In this Arogyamandir Patrika 'Garbhini Visheshank' we are coming forth with this same but important issue.

Garbha

शुक्रशोणितजीवसंयोगे तु खलु कुक्षिगते गर्भ संज्ञा भवति। च.शा ४/४

When Atma and Jeeva enters during samyoga of Shukra and Shonita it is known as Garbha

शुक्रशोणितसंसर्गमन्तर्गर्भाशयगतं जीवोऽवक्रामति सत्वसंप्रयोगात् तदा गर्भोऽभिनिर्वर्तते । च.शा. ३/३१

शुद्धे शुक्रातवे सत्त्वः स्वकर्मक्लेशचोदितः ।

गर्भः सम्पद्यते युक्तिवशाद्ग्निरिवारणौः । अ.ह.शा. १/१

When Shuddha Shukra & Shuddha Artava unites, the Jeeva or Jeevatma which is the satva influenced with good & bad actions of previous life enters to form Garbha.

Shuddha Artava -

आर्तवं शशरुधिरलाक्षारसोपमं धौतं च विरजमानं शुद्धमाहुः। अ.सं.शा १/१०

Artava or Raja is the upadhatu of Rasa which nourishes the foetus in the form of Prasadrupa 'Raja'.

Garbhadhan Samarth Artava-

The Artava which is blood red in colour similar to Laksha Rasa or blood of

Rabbit, which does not leave stains on cloth, is known as Shuddha Artava. It is the Garbhadhan Samarth Artava i.e. Artava capable of conception.

Shuddha Shukra - Garbhadhan Samarth Shukra

बहलं मधुरं सिग्धम् अविस्त्रं गुरु पिच्छिलम् ।

शुक्लं बहु च यच्छुक्रं फलवतदसंशयम् ।

Shukra which is white, heavy, Snigdha, Madhur, thick, more in

quantity & similar to ghee, honey or Til taila is known as the best Shukra capable for conception.

शुक्रशोणित संयोगे यो भवेद् दोषः उत्कटः प्रकृतिर्जायते तेन । सु.शा ४/६३

The Prakruti or Constitution of Garbha is derived from the doshas which are predominant during Shukra Shonit Samyoga i.e. at the time of conception. ☉



Garbhini Shareera

In human beings, woman is the prime important factor for an offspring. Shukra Shonit Samyoga i.e. union of ovum & sperm takes place in woman only, who maintains & nourishes the foetus. Artavavaha Srotas is the srotas which is present only in females. It is female reproductive system. The moolasthan or origin of Artavavaha Srotas are Garbhashaya (Uterus) & Artavavahini Dhamani (Fallopian tubes & Ovaries). If these are diseased or dysfunctioning that follows Vandhyatva (Infertility), Maithuna asahishnutva (Dyspareunia), Artavanasha (Amenorrhoea) or Menstrual disorders.

Female reproductive system mainly consists of following organs –

- 1) Yoni 2) Garbhashaya
- 3) Dimbavahini 4) Beejakosha

Yoni - (Vagina)

According to Sushruta, Yoni is like Conch Shell with 3 spheres called as 'Tryavarta Yoni'. In its Internal or third sphere Garbhashaya (Uterus) is situated (Su.Sha. 5/43).

Function - Passing menstrual blood (Artava) during menstruation and carrying sperms from semen which are ejaculated at the inner end of Vagina. Hence Yoni (Vagina) is the pathway connecting internal & external reproductive organs from external vaginal orifice up to cervix. Yoni is the main organ of all Yonivyapad.

Garbhashaya - (Uterus)

It is a pear shaped organ which is the

main reproductive organ.

Functions -

1. To receive, maintain, nourish & protect Fertilized zygote through out 9 months of pregnancy.
2. After completion of pregnancy it delivers foetus by contraction of uterus.
3. If fertilization doesn't take place, whole proliferated endometrium sheds off with ovum through vagina as menstruation.

Dimbavahini - (Fallopian Tubes) -

These are the pair of tubes connecting uterus & ovary. They are on both the sides of uterus. Their one end opens into uterus and other has Fimbriae i.e. projection on the ovarian side.

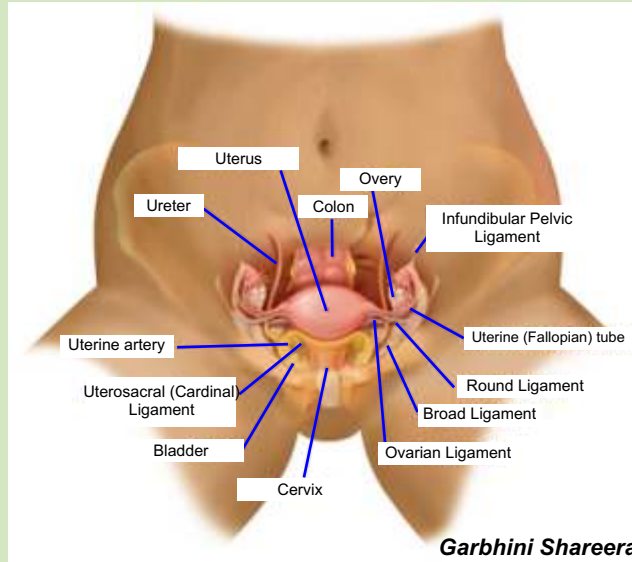
The Mature ovum & sperm unite undergoing fertilization in Fallopian tube & gets transmitted into the uterus.

Beejakosha (Ovaries) -

These are 2 Almond shaped glands which lie near the Fimbrial end of Fallopian tubes on both sides of uterus.

It mainly produces Stree beej (ovum) & female hormones.

For healthy reproductive life in females i.e. for Garbhadharana & poshan (conception, growth & nourishment of foetus) normal functioning of all these reproductive organs is very essential.



Garbhini Shareera

Is it not necessary to think?

Many a times, simple directives given in the Ayurvedic texts such as - it is advisable for the pregnant lady to wear either white or light coloured clothes - are laughed at and ignored. But if we think over these issues with adequate amount of seriousness, then we realize that these are not only important points but also they reflect the scientific practical applications. For example, if we imagine that a pregnant woman is wearing red coloured or any other dark coloured costumes and due to any reason Yonigata Raktasrava starts, then the possibility of that going unnoticed and the situation worsening in view of the pregnancy is high. If instead, the pregnant woman uses only white or light coloured clothes, then in case of any such mishap; the slightest bleeding can also not go unnoticed and can be attended to for bringing the situation under control without any or much damage, with the appropriate care & treatment being put in place at the earliest.

Many such things and tips are found elaborately described under the Stree Roga - Prasooti Tantra subject in great details. But are we, the Ayurvedic Health Care Providers, keen in taking these directives and advises given by the revered Ayurvedic texts with appropriate seriousness and sincerity? Are such small and outwardly simple tips being taken seriously and conveyed to the patients with appropriate amount of seriousness at the time of advising our patients as to what they should do & should not do during such specific crucial times in life not going to add great value to our position in the society? In this era of specialization, it is not essential for us – the Health Care Providers – to think on these lines and incorporate them either in the treatment or the advise that we give to our patients? Is it not essential for us to bring out these subtle but very important points from the revered science of Ayurved? Is it not essential for us to think on how to incorporate these in the advice we give to our clients – the patients?

Laghumalini Vasant

सर्वज्वरहरः श्रेष्ठो गर्भपोषण उत्तमः ।

- Nourishing Kalpa for Garbha & Garbhashaya
- Controls Garbhasrava by stabilizing & maintaining Foetus
- Effective in Garbhasrava & Garbhapatata due to Garbhashaya Dourbalya



Garbhapal Rasa

- ☑ Excellent Garbhashthapak, Garbhashaya Balya Kalpa
- ☑ Increases sustaining capacity of Garbhashaya & Beejakosha by acting as Balya
- ☑ Useful in symptoms in pregnancy such as Vomiting, Giddiness, Headache, Leg cramps
- ☑ Useful from first month to nine month of pregnancy



Prasooti Tantra - Garbhadhan

The word Prasooti Tantra has been derived from 2 words Prasooti and Tantra. Prasooti means to give birth, reproduction or delivery and Tantra means main subject.

Prasooti Tantra is the science which deals with production, development & birth of a child & its related rules & theories mainly. Modern Science describes it as, the science that deals with pregnancy and delivery in females, care during pregnancy, at the time of delivery/child birth & after delivery also the necessary treatment.

Garbhavastha starts with Garbhadhan or Garbhavakranti i.e. from fertilization & lasts till delivery. Prasava i.e. delivery or labour starts after the Garbhavastha ends.

Hence, Prasooti tantra is important for safe pregnancy and delivery in female, as well as proper post-natal care is taken for the birth of a healthy child.

Appropriate Kala for Garbhadhan -

ऋतुस्तु द्वादश निशाः पूर्वास्तिस्रोऽत्र निन्दिताः ।
एकादशी च, युग्मासु स्यात् पुत्रोऽन्यासु कन्यका ।

Rhutukala (period of fertilization or conception period) fertile period is of 12 days. First 3 days of menstrual period are to be avoided so also 11th day. Rest even nights (4th, 6th, 8th, 10th & 12th) are appropriate for having male child & odd (uneven) days are appropriate for female child.

आर्तवस्राव दिवसाद् ऋतु षोडशरात्रयः ।
गर्भग्रहणं योग्यस्तु स एव समयः स्मृतः । भावप्रकाश

Bhavaprakashkar has mentioned Rhutukala of 16 days. Women having normal & regular menstrual period is said to have fertility period from 1st day of menstruation till 16th day, out of which menstruation days to be avoided.

During this period Stree Beeja i.e. ovum matures & expelled from ovary. It is carried through fallopian tube, which stays in it for 24 hrs up till Fertilization. After Fertilization the zygote travels through fallopian tube and gets embedded in the endometrium of Uterus. If there is no fertilization, this endometrium sheds off in the form of menstrual bleeding.

Hence, proper fertilization period is very necessary. Also women is the foundation of progeny hence she should be protected very well during pregnancy.

Garbha Sambhav Samagri -

Basic requirements for Fertilization

ध्रुवं चतुर्णां सान्निध्यात् गर्भः स्याद् विधीपूर्वकः ।

ऋतुक्षेत्राम्बुबीजानां सामग्र्याद् अंकुरो यथा ।।

सु. शा. २/३५

For having good crop in the field, 4 basic elements are necessary such as seed, season, soil & water.

Similarly for Suprajanan i.e. for conception proper functioning of Female reproductive system (Uterus & ovary), Menstruation, healthy ovum & sperm are of prime importance. This is called as Garbha Sambhav Samagri.

Out of these 4 basic elements Kshetra i.e. Garbhashaya (uterus) should be in good condition. This is very necessary for embedding fertilized zygote in the uterine wall, as well as it should have proper elasticity needed for the growth of the Foetus.

Keeping this thing in mind Ayurvediya approach of 'Garbhini Paricharya' comes Forth.

Garbhashaya i.e. uterus not only provides nourishment to Foetus but also provides space for growing Foetus in it. In such condition, it is important to take special care of uterus.

Garbhadhan

स्त्रीपुंसयोस्थापनं शोणितगर्भाशययोः श्रेयसीं प्रजामिच्छतोस्तदर्धाभिनिवृत्तिकर
कर्मापदेक्ष्यामः । च. शा. ८५

Garbhadhan is one of the Sanskar in Indian Culture. Male with Shuddha Shukra and female with Shuddha Shonit, Prakrut Yoni & Garbhashaya desirous to have good progeny should follow proper procedure. This is called Garbhadhan.

After menstrual period, on 4th day, the Female should wear (White) clothes after proper bath. She should also wear ornaments and garlands & think about her husband, both should get ready for fertilization. Also they should do Sharir Shuddhi with proper Panchakarma. The husband should take Madhur Aushadhi Siddha Ghruta & milk & wife should take Taila & Masha (Udad).

In Garbhadhan, proper intercourse, proper union of healthy ovum in healthy uterus of proper aged women, with healthy, active, motile, developed sperm derived from Shuddha Shukra of proper aged male, fertilization of ovum or sperm & then transfer of this fertilized zygote through fallopian tube, which is embedded in the uterus are the basic necessities.

Correct age of both husband & wife is also important for proper fertilization. The age of female should be 16 & for male should be 25, according to Vagbhatacharya.

This means only after this age the development of male & female is proper.

If there is improper physical development of either of the partner Suprajanan may not take place. This may develop abnormality in progeny / foetus.

Garbha Vruddhi – Development of Foetus –

शुक्रशोणितं गर्भाशयस्थम् आत्मप्रकृति विकारसंमूर्च्छितं गर्भं इत्युच्यते ।
तं चेतनावस्थितं वायुर्विभजति । तेज एवं पचति, आपः क्लेदयति, पृथिवी
संहन्ति, आकाशं विवर्धयति,

एवं विवर्धितः स यदा हस्तपादजिह्वाघ्राणकर्णनितंबादिभिः रंगरूपेतस्तदा शरीरं इति
संज्ञा लभते ।

षडंगं शाखाश्चतस्रो मध्यं पंचमं षष्ठं शिर इति ।

सु. शा. ५-३

Garbha, with all five Panchamahabhuta & their qualities along with Chetana dhatu i.e. Jeevatma is in Samurcchit Sthiti. Here Vayu does its vibhajan, it gets 'Kalala' form. Agni performs pachan where as Jala with its Kledan property helps in the formation of parts. Pruthvi gives Samhanana and Sthirata (strength). Akash with its Vardhan property helps in development & growth of it, which is now known as 'Shareer'.

During regular menstrual cycles when menstruation ceases or sudden amenorrhoea is the symptom then it is necessary to check for the Pregnancy.

In today's scenario, with the help of Urine Pregnancy Test (UPT), in case of amenorrhoea, one can easily confirm pregnancy within 5 days. But when these facilities were not available still Ayurved had clearly mentioned about the confirmation of pregnancy.

While mentioning symptoms of Sadyogruhit Garbhini i.e. Symptoms of early pregnancy it is obvious that Vaidya should understand these symptoms and give proper advise to Garbhini as what is right & wrong for her as well as for Foetus.

Monthwise Development of Foetus

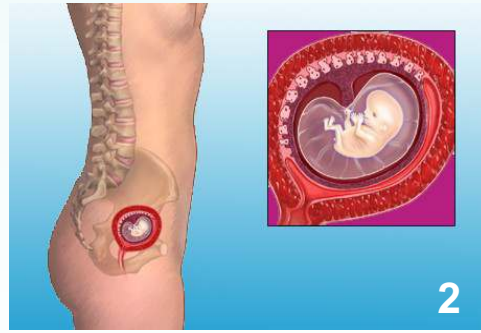
Prathama Masa (First Month)

प्रथमे मासि कललं जायते ।

In first month Garbha is known as 'Kalala'.



1



2

Dviteeya Masa (Second Month)

द्वितीये मासि घनः संपद्यते पिण्डः पेश्यर्बुदं वा ।

तत्र घन पुरुषः पेशी स्त्री, अर्बुदं नपुंसकम् । चरक

In second month this Kalala becomes solid & it gets a form of either Pinda or Peshi or Arbuda with Panchamahabhuta & Vata, Pitta, Kapha

If Pindakar Garbhakruti – Purusha

Peshi Garbhakruti – Stree

Arbuda Garbhakruti – Napunsak



3

Truteeya Masa (Third Month)

तृतीये हस्तपादशिरसां पञ्च पिण्डका निर्वर्तन्ते

अङ्गप्रत्यङ्ग विभागश्च सूक्ष्मो भवति । सु. शा. ३/१८

In third month all Indriya, Anga (hands, legs, head) and Avayava (Nose, Ear etc) are developed in serial order at the same time. Garbha starts its Spandan i.e. heart starts functioning. Feeling of pain is derived.



4

Chaturtha Masa (Fourth Month)

चतुर्थे मासि स्थिरत्वमापद्यते गर्भः

तस्मात् तदा गर्भिणी

गुरुगात्रत्वमधिकमापद्यते विशेषेण ।

च.शा. ४/२०

As the Garbha becomes more stable i.e. Sthira (Stable) in the fourth month, the chances of complications are minimum in this month.

Its weight starts increasing rapidly.

All its parts are more developed.

Due to functioning of heart, the foetus has feelings of Sukha (likes) & Dukha (dislikes)

It is called as 'Daurhuda'.

With mother's desires one can understand its likes & dislikes.



5

Pancham Masa (Fifth Month)

पंचमे मासि गर्भस्य मांसशोणित पचयते भवत्यतिधिकं

अन्येभ्योः मासेभ्यः, तस्मात् तदा गर्भिणी कार्श्यमापद्यते विशेषेण ।

च.शा. ४/२१

In Fifth month development and growth of Rakta and Mansa Dhatu is specially seen. Hence, Garbhini i.e pregnant woman becomes lean & weak.

In this month foetal heart sounds can be clearly heard with the help of stethoscope. According to Sushruta, Mana is developed.

Monthwise Development of Foetus



6

Shashtha Masa (Sixth Month)

षष्ठे मासि गर्भस्य - बलवर्णोपचयते भवत्यधिकं अन्येभ्यो मासेभ्यः तस्मात् तदा गर्भिणी बलवर्णहानिमापद्यते विशेषेण ।

च.शा. ४/२२

In this month there is increase in Bala (strength) Varna (colour) and Oja specially. Hence Garbhini develops Fatigue, exertion. Kesha (hair), Roma, Nakha (nails) & Asthi (Bones) are properly visible.

Saptama Masa (Seventh Month)

सप्तमे मासि गर्भः सर्वभावैराप्यायते तस्मात् तदा गर्भिणी सर्वाकारे क्लान्ततमा भवति ।

In Seventh Month, in Foetus all parts of body are developed completely. All organs are seen clearly & Garbha is accomplished with all Sapta dhatus. Hence Garbhini becomes durbala i.e. weak. If due to some reasons, premature delivery takes place in this month & if proper neonatal care is taken then chances of survival of the newborn are more.



7

Ashtama Masa (Eighth Month)

अष्टमेऽस्थिरीभवत्योजः ।

In Eighth month Oja becomes Asthira (unstable). It transfers from mother to Foetus & vice versa, through Rasavaha Nadi.

Hence Garbhini becomes sometimes happy & sometimes sad. If there is premature delivery in this month, newborn's life is in danger due to Asthira Oja (Unstable oja)



8



9

Navama Masa (Ninth Month)

After 9th month is over, delivery takes place. Between 9th & 10th month the delivery is safe but if the Foetus stays in the uterus even after 10th month then it is considered as abnormal.

Generally main foetal development is completed up to 7th month. In 8th & 9th month there is only growth in its size & weight.

According to Modern Science, in full term foetus, length is 50 cm & weight is 3000 to 3500 gms approximately. The duration of foetus in mother's womb is generally 280 days or 9 Suryamasa (Solar months) or 10 Chandramasa (Lunar months).

Raktastambhak Tablets

- ❑ Excellent haemostatic action with ingredients like; Nagakeshar, Shuddha Laksha, Mocharasa, Shuddha Gairik & Durva
- ❑ Helpful in bleeding disorders like epistaxis, haematuria, anorectal bleeding and dysfunctional uterine bleeding
- ❑ Helps stop bleeding by its Raktagata Doshapachan action



Asthiposhak Tablets

- ❑ A Natural calcium supplement
- ❑ Without any unwanted effects of calcium like nausea, constipation etc.
- ❑ Provides nourishment to mother as well as foetus
- ❑ Replenishes the Asthi Dhātu during postnatal condition
- ❑ Better assimilation due to presence of natural substances and its action



Garbhini Examination

After confirmation of pregnancy in 4th week of every month antenatal check up of pregnant woman should be done. It is necessary & important so as to understand normal condition & rule out any complaints of pregnant woman.

General examination -

- Pulse
- Respiration
- Blood Pressure
- Chest Examination
- Weight
- Stool
- Urine
- Skin
- Nails
- Eyes

Menstrual History -

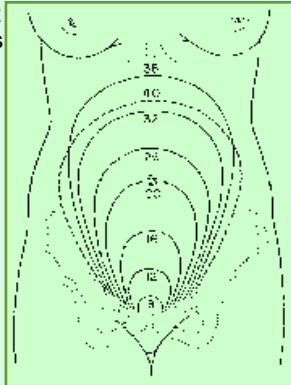
- Age of Menarche -
- Last Menstrual Period(LMP)
- Menstrual Cycle - Regular/Irregular
- Painful/Painless
- Quantity of menstrual bleeding
- Scanty/Moderate/profuse
- Colour, smell, Nature

Obstetric History -

- Number of delivery - Nature - Normal
- Baby /Gender - Male/Female/ live/dead
- Abortion / Miscarriage
- Abnormal delivery / Premature delivery / Complications / Still birth
- History of Contraception - Details of contraceptive methods
- Expected date of delivery - EDD

Examination per abdomen -

- Abdominal girth
- Striae gravidarum
- Foetal Position
- Lie - longitudinal /oblique/ transverse
- Foetal heart sound
- Foetal movements
- Linea nigra
- Fundal height
- Skin diseases



Abdominal Examination

Palpation - Size of Uterus

	Weeks	Months
Xiphisternum	→ 36	9
	32	8
	28	7
Umbilicus	→ 24	6
	20	5
	16	4
Pubic Symphysis	→ 12	3

Fallopian tubes - painful / painless

Per Vaginal Inspection

(through speculum) -
Vulva Vaginal discharge / colour / quantity / smell
Cervix - size, shape, length, erosion



Vaginal Examination

Vaginal Palpation -

Uterus - Size, Shape - long/oval/irregular
Site - Anteverted / Retroverted

Other examination -

Blood Examination - General - CBC, ESR
V.D.R.L
Blood Sugar
Hb S Ag
HIV
Blood Group
Rh compatibility

Stool Examination - Routine & microscopic

Urine Examination - Routine & for confirmation of pregnancy (UPT)

Garbhini Lakshan -

Sadyogruhit Garbha - Symptoms of early pregnancy

These are the signs & symptoms mostly felt by pregnant woman during early pregnancy i.e. from conception till 6 weeks approximately.

निष्ठिविका गौरवमङ्गसादस्तन्द्राप्रहर्षो हृदये व्यथा च ।

तृप्तिश्च बीजग्रहणं च योन्यां गर्भस्य सद्योऽनुगतस्य लिङ्गम् ॥

च. शा. २/२३

- Beejagrahan - Reception of beeja
- Gaurav - Heaviness in body & abdomen
- Angasada - Fatigue
- Tandra - Giddiness
- Praharsh - Horripillation
- Hrudivyatha - Pain in chest region
- Nishthivika - Watering of mouth
- Trupti - Feeling of fullness in Vagina & abdomen/quivering in vagina

Vyaktagarbha Lakshan -

- 1) Artava adarshan - Amenorrhoea - Main symptom
- 2) Asyansaravan - Watering of mouth
- 3) Anannabhilasha - Anorexia
- 4) Vaman - Chhardi, Hrullasa - Nausea, Vomiting
- 5) Arochak - Loss of taste
- 6) Amlakamata - Craving for sour food
- 7) Feeling of eating good as well as unhealthy food
- 8) Gurugratva - Heaviness in body & lower abdomen
- 9) Chakshushorglani - Drowsiness
- 10) Stanavruddhi - Enlargement of breasts with colostrums coming out
- 11) Breast Nipples & areola becomes more black
- 12) After 1 ½ month vagina feels soft & blackish. Uterine size increases when examined per speculum
- 13) Dilatation of Vagina
- 14) Linea nigra & striae gravidarum develops
- 15) Slight oedema on feet



Garbhini Paricharya & Masunamasik Lakshan

Month wise symptoms of Pregnant Woman

3rd Month	4th Month	5th Month	6th Month	7th Month	8th Month	9th Month
Frequent Urination, Heaviness in lower abdomen, Oedema on feet Giddiness, Pain in chest, Blackish hairline on abdomen (linea nigra)	On Palpation - Uterus is palpable 2 fingers above pubic symphysis, Also uterine contraction increases in size of uterus, Foetal head & body is palpable, Foetal heart sounds are very minute, can be heard by Foetal Monitor	Increase in Rakta & Mansa Dhatu of Garbha, hence Garbhini becomes pale & thin (Panduta & Krushata)	Increase in Asthi & Meda Dhatu in Garbha leads to development of symptoms like Medakshaya & Asthikshaya in Garbhini, Pain in back & Lower back, Fatigue	All organs of Garbha are developed-Hence there is heaviness in abdomen - Odema on feet - Dyspnoea on exertion - Striae gravidarum on abdomen starting with pink in colour followed by whitish striae, Position of Foetus - Vertex presentation, occipito anterior	Due to unstable condition of Oja, unexplained mood swings are seen in Garbhini. Foetal Head gets lowered and is positioned near vagina	Uterine ligaments are relaxed, Foetal head enters into pelvic cavity, Heaviness in lower abdomen, Frequent urination as well as motions, Foetal heart sounds are clear

Purpose of Masanumasik Paricharya -

With proper Masanumasik Paricharya i.e. monthly antenatal care of Garbhini, during Garbhini Avastha (Pregnancy) & Garbhaprasava Samaya (child birth) her Flanks, back, abdomen, lowback, hips becomes soft, elastic, vayu becomes anuloma, mala, motra are easily evacuated, skin & nails becomes soft, and her complexion & strength is maintained.

Such Garbhini gives birth at proper time normally to healthy, talented, child. The purpose of this care is to maintain & sustain the foetus, better nourishment of the mother as well as foetus during pregnancy.

It helps to recognize any abnormality or complication at an early stage which can be rule out.

Garbhini Paricharya - Masanumasik -

Pratham Masa - Drink cold milk, Avoid Amla (sour) Katu (pungent) food, Daily intake of easily digestible food. In this month due to Apana Vayu Pratiloma there is constipation use Mrudu Anuloman or Matrabasti - Tila Taila

Dviteeya Masa - Rasadhatuposhak Ahara, Intake of small portions of nutritious food at short intervals, Avoid fruit juices, as they may induce sourness & vomiting
Milk + Rice
Madhuragana (Kakolyadi Gana) Aushadhi Siddha Dugdha, Peya, Ghruta, coconut water, Rasa, Rice Water or kheer, Laja Manda

Truteeya Masa - Cream from milk, intake of milk + honey + ghee

Chaturth Masa - Douhruda - intake of those things which are less in Foetus, Raktadhatu poshak food containing Iron Food in Red, Yellow colour, Meat soup, Masha (Udad) Drink milk cream or Navanit mixed in milk or butter from milk in quantity 2 Tola. Ghruta made from butter, Lohakalpa, Ashwagandha, Mansarohini.

Pancham Masa - Rakta & Mansadhatu Poshak Ahara, Ashwagandha, Intake of milk with Ghee added or Intake of ghee removed from milk

Shashtha Masa - Meda & Asthiposhak Ahar. Intake of Madhurgana Aushadhi Siddha milk with Ghee or Ghee derived from Madhur Aushadhi Siddha milk
Badar Kwath Siddha Ghruta,
Gokshursiddha Ghruta, Yavagu

Saptama Masa - Madhurgana Siddha milk, Ghruta, Vatahar, Madhur Ahara
Pruthakparni Siddha Ghruta
Madhurgana Aushadhi Siddha Navneet, Badarkwath sevan
Kikwisa - Yonikandu - Use lepa of Kutaj, Nagarmotha, Haridra kalka on abdomen
- Udar mardan with Kalka of Nimba, Kola, Surasa, Manjishtha Udardhavan - Jati - Jesthimadha Kwath
- Drink less quantity of water after meals.

Ashtam Masa - Snehayukta & Lavanvarjit Yavagu Ghrutayukta, Ksheer Yavagu Basti - Asthapan & Anuvasan Ghrut + Madhur Dravya Kwath
After basti Snehayukta Yavagu Jangal Mansarasa

Navam Masa - Paricharya of Ashtam Masa Anuvasan Basti with Madhuragana Aushadhi Siddha Taila
Use of Pichoo in Yoni with Madhuragana Aushadi Siddha Taila

Once the Sadyogruhita Garbhini Signs are seen in a women, it is necessary for the women to oliate & massage - with gentle pressure - the area covering the uterus, vagina and lower back. It should be considered necessary by the physician to advise this to the just conceived lady.

Many such things are written in texts which may not be clear yet, such as intake of Masanumasik Kwath by Garbhini as per the Growth of Garbha. The specific ingredients are mentioned as per masa i.e. month wise why only those are necessary and why not others? or Why not to mix all ingredients and use from 1st month till 9th month or upto delivery? The answers are yet to be found. But it has been always observed that those woman having previous history of Garbhasrava or Garbhapata or (IUGR Intra Uterine Growth Retardation), if administered masanumaik kwath or its ingredients it gives results. In this condition, use of masanumasik kwath should be maximum for scientific proof. It may not be necessary to prove it by Double blind study as per modern Science. It may not be wrong that many generations who had benefitted by its use means 'Anubhavasiddhatva', or it is a time tested remedy.

Garbhopaghatakar Bhava

Garbhopaghatakar Bhava -

During pregnancy due to factors related to Garbha (Foetus) or Garbhini (Pregnant woman) there is loss of products of conception. Hence, both Garbha & Garbhini should be protected from Garbhopaghatakar Bhava.

सौमनस्यं गर्भकराणां (श्रेष्ठम्)। च. सू. २५/४०

As mother is the foundation of progeny, she should be well protected & should follow proper Garbhini Paricharya.

Garbhini should always be happy for proper development of foetus.

Garbhasrava -

The loss of products of conception till 4th month of pregnancy is Garbhasrava.

Garbhapata –

Loss of products of conception in 5th or 6th month of pregnancy.

Causes of Garbhapata - Factors related to Foetus

1. Beejadosh (abnormalities of ovum) or Garbhopaghatakar Bhava causing foetal abnormalities.
2. Infectitious diseases
3. Effects of radiation or toxins on Foetus.

Factors related to Pregnant Woman -

1. Disorders of female reproductive organs
2. Uterine or vaginal diseases - Prolapse of uterus
- Cervical insufficiency
- Menstrual disorders
3. Menorrhagia
4. Diseases during pregnancy such as measles, diarrhoea, cholera, diabetes or chronic disorders.
5. Disorders of endocrine
6. Excessive exertion, mental irritation
7. Malnutrition of Mother
8. Trauma
9. Consumption of toxic medicines

Signs & Symptoms of Garbhasrava -

Pain in lower abdomen & pelvic region, low back, uterus
Excessive bleeding with clots
Heaviness
Abdominal cramps

Treatment -

Use of Sheetal, Shamak, Raktastambhak (cooling, haemostatic) agents
Complete Rest
Aushadhi Kalpa – Garbhapal Rasa

Garbha Upadrava -

During Pregnancy due to physical, Psychological & Physiological changes, the pregnant woman has to face many common complaints. She may also suffer from certain other diseases.

Hence, it is necessary to take proper care of mother as well as foetus.

Causes -

- Mithyaharvihar
- Sthanavaigunya
- Garbhadosha
- Manasik Aghat

Upadrava -

- Hrullasa (Nausea)
- Chhardi (Vomiting)
- Shosha
- Jwara (Fever)
- Aruchi (Anorexia)
- Vivarnata (Pallor)
- Shotha (Oedema)
- Atisar (Diarrhoea)
- Mootravibandha (Oligouria)

Abhraloha –

- Natural supplement of Iron, necessary during Pregnancy
- Useful in Psychological changes in Garbhini Pandu
- Acts as Balya, Rasayan for Garbha and Garbhini & nourishes Upadhatu of Rasa like Stanya & Raja
- Useful for women in all stages and ages



Shatavari Kalpa -

- Useful in Dourbalya & Dhatusheenata by nourishing all seven Dhatus from Rasa to Shukra
- Excellent Balya, Rasayan & Swasthyarakshak for foetus & mother during Garbhini & Sootikavastha
- Helpful in conditions like; Garbhasrava & Garbhapata being Garbhashaya Balya & Garbhaposhak



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